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Brooke Naab with her mother Rebekah Naab

# Seattle's Child

APRIL 2013 ★ ISSUE 407

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On the cover: Brooke Naab had a heart transplant at Seattle Children's last September and just celebrated her first birthday. Photos of Naab family by Sinda Horste Photography, [www.sindea.org](http://www.sindea.org)



Look what I found in the forest!  
see 5 Hikes to the Beach page 25

**More @**  
**www.SeattlesChild.com**

Go to our website at [www.seattleschild.com](http://www.seattleschild.com) for advice, news, resources and a fully searchable calendar of events for toddlers to teens. Here's just a sample of what you'll find:

**101 Birthday Party Ideas**

OK, so our list has grown; you can now find more than 175 ideas for your child's special day! Whether you want to host his or her next birthday party at home or go somewhere that will do the heavy lifting for you, we have plenty of suggestions to get you going.

**The Great Ganga Debate**

Marijuana is legal in Washington, but is it safe for pregnant or nursing moms?

**Autism Awareness Month:**

**A Personal Account**

"Tug-o-War" is a very moving and honest story of one mom's experience raising an autistic son.

**Family-Friendly Coffee Shops**

We have the lowdown on the new kid-friendly coffee shop that just opened in Lynnwood - Playdate Café - along with a roundup of other family-friendly coffee shops scattered all around the greater Seattle area.

**Family Volunteer Activities for Earth Day**

From sprucing up your neighborhood to family-friendly work parties with opportunities to remove invasive plants, spread mulch, make trail improvements and more, find the where and when on Earth Day activities for all ages.

**A Day at the Museum**

Learn creative ways - including a Seattle's Child-devised scavenger hunt - to make the art at Seattle Art Museum's "Rembrandt, Van Dyke, Gainsborough" exhibit come alive for your kids. And for the first time, Eric Carle's fans on the West coast will have a chance to see a remarkable variety of his personal art at Tacoma Art Museum.

**It's Time to Play! Active Ideas for April**

It's our health issue this month, and keeping kids active is a key part of being healthy. That goes for parents, too! From long walks through the tulip fields to special events such as April Pools Day and Kids Bowl Free, we have the inside scoop on great activities to keep your family moving this month.



# MIGRATOR MADNESS

## April 20 & 21

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# Earth Day Party

## April 20 & 21

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## Editors Note

When he was 9 months old my son swallowed a penny. One moment I saw him examining the shiny object and the next moment he pulled a magic trick and made it disappear. I frantically searched in his mouth and on the floor around him, momentarily felt relief that he had not choked, and then finally realized that penny had to come out of my toddler somehow.

Over the next 24 hours I had several phone conversations with our pediatrician who urged me to be vigilant but not panic, and I trusted her advice. Nevertheless, between the time it disappeared and our lucky penny showed up again in a diaper change a day later, a loop of terrifying what-ifs played in my head.

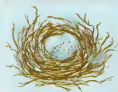
Our issue this month focuses on health. Being a mom or dad is an endless exercise in accepting our limits and learning to live with, but not be run by, our constant companions – uncertainty and fear. When trying to make decisions around my kid's sleep, schools, curfews and endless other issues, I vacillate between obsessive searches for new information, which may or not be from reliable sources but might reveal "the answer," and throwing up my hands and going with a plan based on my "gut."

But as miserable as it makes me, my kid's awful sleep schedule has not been linked to terrible consequences. I can afford to try the theory of the month on sleep and many other parenting "challenges" if only to give myself the illusion of having some control. When it comes to making decisions about health, however, the risks of a wrong decision are real.

Most of the time we are goat herders, just coaxing our kids along. We can make choices based on personal style and hunches and do just fine. But as we've seen with the recent pertussis epidemic in our state when there was a 1300% increase in pertussis cases between 2012 and 2011 (Washington state has one of the lowest rates in the country for DTaP vaccination and one of the highest for pertussis cases), the stakes are much higher when it comes to the health of our kids. Figuring out how we make those decisions demands all the maturity, brainpower and bravery we can muster.

If you wrestle with deciding what is right when it comes to healthcare for your kids (and yourself) - and who doesn't - I urge you to attend a panel discussion at Town Hall on April 23rd, "Vaccine Myths, Parents & Modern Health Information." *Seattle's Child* is one of the sponsors of the event (see page 5). The panel focuses on the autism myth related to vaccines and its repercussions, as well as the larger issue - whom we choose to trust and why.

Ann Bergman,  
Publisher/Editor/Founder



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# FRIDGE DOOR

## Vaccine Myths, Parents & Modern Health Information

Join author Seth Mnookin and "Seattle Mama Doc" Wendy Swanson, 7:30 to 9 p.m. Tuesday, April 23, 7:30 to 9:00 pm, in a panel discussion designed to help parents analyze and interpret vaccine myths and other health information.

Modern technology has both simplified and complicated how parents gather health information, how they use it to make decisions for their families, and how these decisions impact society as a whole. And perhaps no single issue illustrates that dichotomy better than the alleged vaccine-autism link, which doctors describe as a

myth still perpetuated on the Internet and in some media despite the lack of corroborating evidence.

Mnookin, author of *The Panic Virus*, draws on interviews with parents, public-health advocates, scientists, and anti-vaccine activists to tackle a fundamental question: How do we decide what the truth is? As part of National Infant Immunization Week, he and Dr. Swanson, a practicing pediatrician at the Everett Clinic and staff member at Seattle Children's Hospital, discuss how parents can use that insight to find accurate information and make the right decisions for

"A brilliant piece of reporting and science writing."  
—JEFF MEAL, *SHREVEPORT, THE PITT NEWS-HERALD*

## Seth Mnookin THE PANIC VIRUS

The True Story Behind the  
Vaccine-Autism Controversy

their families. Alison Carl White, executive director of WithinReach, moderates the discussion, and Michelle Razore and Heidi Bruch, Seattle-area moms of infants who survived pertussis, share their personal stories.

Presented by WithinReach, Town Hall, and University Book Store as part of The Seattle Science Lectures, sponsored by Microsoft. Series media sponsorship provided by KPLU. Media sponsor is *Seattle's Child*. Advance tickets are \$5 at [www.townhallseattle.org](http://www.townhallseattle.org) or 888-/377-4510 and at the door beginning at 7 p.m. Downstairs at Town Hall.

## Run Walk Run

It's one thing to urge the kiddos to get off the couch but quite another to show them the way. Springtime in Seattle brings an abundance of ways to get moving together. Go to [www.seattlechild.com](http://www.seattlechild.com) for a full list of family-friendly walk/runs and more active fun:

**The One Day 5K**, April 13, Shoreline Stadium (<http://onedaysk.weebly.com/>) is organized by Sophie Knudson, a Girl Scout who is a junior at Shoreline High School and on a mission to eradicate malaria. Let's hear for idealistic teens!

**Fight for Air Walk**, May 5, South Lake Union ([www.seattleairwalk.org](http://www.seattleairwalk.org)) Parents who care about ensuring our region has clean, healthy air to breathe will want to join in walk for a great cause.

**Run Like a Mother**, May 13, Magnuson Park ([www.runlikeamother.com](http://www.runlikeamother.com)) Celebrates mom's day with good times for all—including a great post-race party!



## MamaCon 2!

"Being a mom doesn't come with a manual and it's not always intuitive, so we were inspired to create an event that informs, educates and celebrates moms and motherhood while having a lot of fun," says Mamacon co-founder and parent educator Amy Lang. Lang, founder of Birds + Bees + Kids, and Kim Estes, founder of Savvy Parents Safe Kids, created MamaCon, now in its second year and happening Friday evening, May 17 and Saturday, May 18 at the Bellevue Hilton.

Anchoring MamaCon on Saturday will be a series of 18-minute mini-workshops with topics that support the hard work behind being a mom. Friday evening, MamaCon will kick-off with blogger Nikki Knepper reading from her new book, *Moms Who Drink And Swear - True Tales Of Loving My Kids While Losing My Mind*. The conference closes Saturday with the comedy show *Honey, I Shrunk My Libido*, featuring funny moms Jacki Kane, Joanie Quinn, Nikki Schulak and Nikki Knepper and hosted by Rebecca Gallagher, co-author of *I Just Want To Pee Alone* (currently #1 in the Humor category on both Amazon and iTunes) and creator of the popular Frugalista Blog.

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For more information, please visit [www.mamacon.net](http://www.mamacon.net).

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# THE DAD

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# NEXT DOOR

## The Biggest Loser

I coached my first year of Little League baseball when my daughter was nine. Our team was a motley band of pipsqueaks who barely knew how to put their mitts on. We were like the Bad News Bears – without the News.

One day, we were waiting to get on the field, and the game before us was running late. Since the schedule was tight, the games were supposed to end on time. The official rule was that any incomplete inning would be erased, and the score at the end of the last full inning would stand.

We waited fifteen minutes past our start time, and then my co-coach Mauricio walked up to the umpire and asked him to end the game, which he did. Unfortunately, the team that was currently at bat had just taken the lead, so their go-ahead rally was suddenly erased. Their coach, who was six-foot-five and apparently drunk, charged out of the dugout like an angry water buffalo.

Mauricio, who was almost a foot shorter than him, didn't flinch. Mauricio was a calm and reasonable man, but he split his youth between a Latino street gang in Philadelphia and a guerrilla war in Nicaragua. Backing down wasn't really part of his repertoire. As the drunken coach screamed in his face, spraying him with spittle, Mauricio just stared, but a little vein popped out on the side of his forehead. I'd seen that vein before.

I ran toward them, and everything seemed to shift into slow motion. The parents from the losing team cursed and rattled the backstop fence, like something out of Thunderdome. The umpire stepped between the two men, clinging to his chest protector like a shield. Our kids watched from the sideline, their eyes wide and confused.

I grabbed Mauricio and pulled him away. The umpire blocked the drunken coach from following us. The angry mob of parents cursed and jeered. It took another fifteen minutes just to clear the stands and the dugouts. Finally, our kids were able to take the field.

Time to teach them all about sportsmanship. I'm not here to criticize youth sports or sports parents – I'm a big believer in both. Sports teach our kids all kinds of skills they might not get anywhere else, and it's a place where kids and dads often form a natural bond. But let's face it: competition brings out the best and the worst in us, especially in men. It gets under our skin in a way that most women don't understand. And along with all the dads out there who carry the spirit of sportsmanship like bearers of the Olympic flame, there are a few who toss it around like Bobby Knight heaving a metal chair.

The thing we often forget is that being a sports dad is not the same as being a regular fan. Regular fans just want to win. They don't long for their players to learn dedication and resilience. They don't insist on humility in victory and grace in defeat. They don't celebrate effort, and joy and improvement when their team is getting shellacked. But parents do – or at least we should.

So for all you sports dads out there, here are a few things to remember in the heat of battle, just in case you lose your head:

1. You are a fan. Fans only have one job: they cheer. You are not a coach or a referee or a player – those jobs are taken. Just do your job.
2. When your kid loses, or screws up, they know it. They know it better than you do. They feel it in the pit of their stomach and the marrow of their bones. You don't have to remind



them, especially on the way home from the game. Just shut up and drive to Dairy Queen.

3. Little known fact: In any sport, 50% of kids are below average. Get used to it. At the right level of competition, everything good about sports is available to every child, even if they aren't very good. That's a blessing.

4. When you act disappointed, they think you're disappointed in them. Always.

Playing sports is serious business for a kid. It's where they learn about competition, and disappointment, and pushing themselves to be their best. That's enough pressure for anyone.

Don't be the dad who just adds more.

You know guy I'm talking about. The one who curses out the ref after a close call. The one who browbeats the coach for taking his kid out of the game. The one who cheers when the other team makes an error. The one who lectures his kid all the way home after a tough loss.

Don't be that guy. He's the biggest loser of them all. Your kids deserve better. And so do you.

Jeff Lee lives, writes, cheers and coaches in Seattle, Wash.



Where Ya at Matt?



My Sweet Lil Cakes

## Eat and Run: A Weekend of Fun Food Truck Outings

By Sara Billups

It's official. Food trucks are having their moment in Seattle. These days, there are roving eateries on every other street corner slinging kid-approved edibles ranging from oversized biscuits to schmancy grilled cheese sandwiches.

There's no question that kids love eating street food. But for parents, a lot of prep time can be involved in order to get everyone out of the house and into the car for what amounts to a fast meal. If you're going out, why not make a day or night of it? Here, three kid-approved food trucks meet their match when they're paired with a family outing that extends a quick bite into an extended weekend activity.

### Friday

**Dinner:** Where Ya at Matt?;  
[www.wheremyatmatt.com](http://www.wheremyatmatt.com).

**Outing:** Parking lot gathering at Chuck's Hop Shop; [www.chucks85th.com](http://www.chucks85th.com).

**Hood:** Greenwood

If you live in Greenwood, you've probably driven past the Chuck's Hop Shop parking lot on Friday night and seen the crowds of couples

and families noshing on po' boys from the New Orleans-inspired food truck, Where Ya at Matt? Every Friday from 3 to 9 p.m., Where Ya at Matt? brings southern soul food to Chuck's, a beer specialty store-meets-mini mart on 85th Street. As the packed weekend scene attests, in recent months Chuck's has become more neighborhood gathering place than craft bottle shop. Parents can enjoy a pour from one of the more than 30 taps while kids settle into a table and take in the scene, which most always includes a few friendly pups.

For dinner, kids can't go wrong with the muffuletta sandwiches filled with thinly sliced meat, olives and provolone (\$9). The slightly spicy jambalaya with andouille sausage (\$5/\$8) and plump shrimp and grits (\$5/\$8) work best for kids who can handle a little heat. Chuck's hosts a different food truck most days of the week, so be sure to check the website for details before you go. Here's some good news for families living south of the Montlake Cut: Chuck's is opening a second location in the Central District this May.

### Saturday

**Snack:** My Sweet Lil Cakes;  
[www.mysweetlilcakes.com](http://www.mysweetlilcakes.com).

**Outing:** Story time at Elliott Bay Books;  
[www.elliottbaybooks.com/node/events/current](http://www.elliottbaybooks.com/node/events/current).

**Hood:** Capitol Hill

Capitol Hill may be filled with packed bars and restaurants on Saturday nights, but the mornings belong to the growing number of families populating the neighborhood. Every Saturday at 11 a.m., children sit at the base of the giant play castle in the kid's section at the back of Elliott Bay Books for a laid-back 30-minute story time. Afterwards, new food truck My Sweet Lil Cakes awaits further down Pine Street for a late-morning snack.

Proprietors Jesse and Sheena Lee dress in vintage-inspired attire and play danceable swing music over the din of the truck's generator. The soundtrack makes waiting for made-to-order, piping hot sweet or savory filled cakes-on-a-stick with dipping sauce a little more bearable. Not to mention a couple of cups



of homemade "hush-hush" chai with butter crisps (\$4). While everything on the menu is good, the blueberry lemon ricotta sweet cake with honey-lemon sauce (\$5) sings with zesty flavor. The blueberries fatten until they've almost burst, and the batter is so flavorful you really don't need the dipping sauce. While the Capitol Hill truck is staying put, Sheena Lee confirmed that My Lil Sweet Cakes has signed a contract with STG. Look for red velvet buttermilk cakes with cherries and cream cheese dipping sauce outside events at the Neptune Theatre in the coming months.

## Sunday

**Lunch:** Garden Sushi; [www.yelp.com/biz/garden-sushi-seattle](http://www.yelp.com/biz/garden-sushi-seattle).

**Outing:** Ballard Farmers Market; [www.ballardfarmersmarket.wordpress.com](http://www.ballardfarmersmarket.wordpress.com).

**Hood:** Ballard

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browsing bouquets and sampling artisan cheese, head a few blocks east to Seattle's first-ever sushi truck for a healthy meal. When Garden Sushi shared the news that it had to vacate its popular location at the now-defunct Shell Gas Station in Ballard, the neighborhood held its breath. Thankfully, they quickly reopened in a new nook in Ballard at 17th Avenue and 54th Street, just across from Swedish Ballard. While sushi isn't the first (or fourth) food genre that comes to mind when you think about food trucks, sushi maker Tsering (Leon) Lama's hand rolls and Nigiri are heads-and-tails above what's served at most proper sushi restaurants around town. Even though he's lightening fast at preparing kid-approved orders, including red mango rolls (\$4.50) with cooked shrimp, red pepper, fresh avocado and cubes of mango, Lama accepts call-in orders. Give him a ring ahead of time (206-495-3099) and the dad of two will have your order waiting for pick up.

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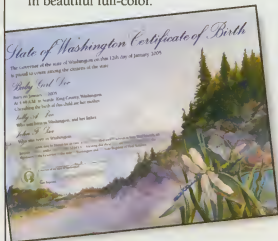
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John Naab with his daughter Brooke.

# A Heart for Brooke

In Just Five Days, Seattle Children's Transplants Four Perfect Little Hearts

By Cheryl Murfin Photos of Naab family by Sindea Horste



Heart transplant recipients (clockwise, from top left): Brooke Naab, Hannah Campbell, Batul Al-Salami and AJ Baird. PHOTO COURTESY SEATTLE CHILDREN'S HOSPITAL

Mukilteo dad John Naab got the best gift he could imagine on his 50th birthday: his daughter Brooke turned 1.

"She's worked hard to get here," said Naab, just a few days shy of Feb. 11, their shared birthday. "I can't think of anything I could want more than to share this day with her."

There was a time when Naab and his wife, Rebekah, weren't sure that Brooke-ee, as they call their smiling cherub of a girl, would blow out her first candle. Or, if she did, whether she would be celebrating from a bed in the intensive care unit at Seattle Children's Hospital.

Brooke was only a week old when she was diagnosed with a rare condition that left her heart unable to pump enough blood through her body. But thanks to a skilled team of nurses and doctors at Seattle Children's,

Brooke's life was saved with a heart transplant. In fact, she was one of four children to receive a cardiac transplant during a record-setting week at the hospital.

But her family endured nearly a year of sleepless night and gut-clenching surgeries to get there.

## An Anxious Wait

At first, Brooke's health troubles appeared to be nothing more than a common case of jaundice, and doctors sent her home after delivery with light therapy equipment intended to give her a rosier hue.

Luckily, an alert nurse, Diane Ford, noticed the baby's breathing wasn't right when she visited the Naabs to pick up the light equipment. Ford urged them to go to the nearest Seattle Children's clinic immediately.

"Had she recommended that we wait until our checkup, Brooke would probably not be alive," says Naab.

Soon after, Brooke had her first open heart surgery. Before she could have a second surgery to further correct her heart, her left ventricle started to fail. Brooke's only option was a transplant, and at 4 months old, she was placed on a waiting list. Her life was still in jeopardy, so she spent most of her first year at Children's, where medical staff worked continually to keep her stable enough to receive an organ as soon as it arrived.

"We were told at one point that Brooke was perhaps the sickest baby in the hospital," said Rebekah Naab.

Some days, it wasn't clear that she would make it.

At one point, the doctors were forced to intubate Brooke and put her on a breathing machine in order to ensure her body received enough oxygen. Her parents were warned that she might not survive the procedure. One of the most serious risks was that her heart would speed up, beating out of control.

The doctors began the procedure, but Brooke was stressed by it.

So Dr. Mithya Lewis-Newby started singing "Take Me Out to the Ball Game" to calm the terrified baby. Other medical staff and her parents soon joined. The baseball anthem accomplished what drugs and fancy equipment could not.

The doctor "knew that I sang this song to Brooke every night and that it would get her heart rate low enough to be successful," John Naab said. "They knew her so well."

Throughout her long hospitalizations, Brooke remained social and curious, smiling easily and often. But even a bowel movement or changing her diaper taxed her tiny heart. Simple developmental milestones like cutting teeth required staff and her family to keep her comfortable and calm.

## Five Days, Four Hearts, One Seattle Children's Record

In September of last year, four families – including the Naabs – received the news they had hoped and prayed for.

On Sept. 21, the Children's cardiac team was alerted that a heart was available for 6-month-old Antonio Jesus (A.J.) Baird, and they jumped into action.

The transplant team was no sooner done with A.J.'s successful surgery when their pagers buzzed again. They had a donor for 14-year-old Batul Al-Salami, a Lynnwood teen, whose heart had been failing since birth.

Another page announced a heart for 4-month-old Hannah Campbell.

And finally, on Sept. 26, the call came for 7-month-old Brooke Naab. She, too, would be getting a heart.

Five days, four heart transplants – more than the cardiac team's two surgeons and four cardiologists had ever done in such a short time. More than most pediatric cardiology departments nationwide have ever done in a week. \*

In 2012, Seattle Children's did 56 organ transplant surgeries, 16 of them heart transplants. The hospital has a 92 percent survival rate in the first year after a heart transplant. At least 70 percent of the babies and children who successfully receive a heart transplant will live five or more years.

Those numbers keep rising as medical breakthroughs reshape the medical team's ability to keep children stable while waiting for an organ and their skill in keeping organs ready for transplant.

Ten years ago, for example, the donor and infant recipient in an organ transplant needed to have the same blood type, among other matching factors. Since then, doctors have learned that due to an infant's immature immune system, cross-type donations are possible – and less likely to lead to rejection. This discovery, and the increase in the potential donor pool, have been lifelines.

Still, the cardiac unit has four to six children on the heart waiting list at any given time. That all of them might get a heart in the same week was astonishing.

"It was almost disbelief as each additional heart offer came in," said Dr. Lester Permut, the surgical director of the Seattle Children's Heart Center. "Exhilarating is a pretty accurate description.

"A number of those patients were very ill," he said. "They were children we were having some worries about surviving to get the transplants. It is a kudo to the cardiologists that they were able to keep them going until a heart became available."

## The Finely Tuned Machine

The cardiologists aren't the only ones to thank. Transplant coordinators must time every move down to the minute, from notifying waiting families to getting the surgical team from the

hospital where the donor heart waits back to Children's. There, the operating room, the nurses, the pharmacy staff and social workers on the cardiac team must be prepped to go. It can take between 10 and 48 hours to arrange the details of a single transplant, time in which the donor of a single transplant is kept stable in the body of the donor.

Transplant coordinators on both ends of the exchange are scrambling: For the best outcomes, the heart must leave the body of the donor and be re-infused with blood in the recipient in less than six hours.

"It's a well-oiled machine," said Permut.

"There are a lot of factors involved, from distance between hospitals, location of waiting recipient, amount of organs being donated, availability of operating rooms, etc.," said nurse Pam Hopkins, Seattle Children's transplant coordinator.

What gets Hopkins through grueling workdays that can stretch 24 hours without sleep? The families.

"Telling the parents of the child waiting, or even the patient themselves in the case of older children, is the best part," Hopkins said. "Words really can't describe that feeling. It is something that you never forget, no matter how many transplants you do."

John Naab was overwhelmed when he got the news.

"My emotions were mixed and my heart was racing. I knew that someone had lost a loved one, and I was sad over this. I also knew that Brooke was to go through another complex bypass surgery and I might not see her again," he said. "There were feelings of excitement knowing that her suffering could end and she would have a chance at a quality life.

"I was so filled with nervous energy," he said, "that when I arrived at the hospital, I darted to the hospital store and purchased a Seattle Children's Hospital T-shirt. What was I thinking?!"

## A Smile and a Wave

The night before her surgery, Brooke had her best night of sleep ever.

Her parents slept very little. They prayed, both for Brooke and for the family of the young donor whose heart she would receive. As their daughter was prepped for surgery, the Naabs found strength in their faith.

"We felt in our hearts that God had gotten her this far, that He was going to come through for Brooke," Rebekah Naab said. The couple drew support from their daughter as well.

"We were a little nervous when Brooke

## Still Waiting

6-year-old Mitchell Smith is a charmer. He's a headstrong, determined little boy who loves music and dancing and hates to be poked by needles.

He also needs a new heart. Diagnosed with Hypoplastic Left Heart Syndrome soon after his birth, Mitchell has been waiting for a transplant at Seattle Children's Hospital for nearly two years.

Read more about the transplant waiting game and how one parent and child cope on to the *Seattle's Child* website at [www.seattleschild.com](http://www.seattleschild.com).



was wheeled away. However, just before the moment where we would no longer have her in our sights, Brooke waved and smiled at us," John Naab recalled. "I had never seen her wave before that moment. She made us feel everything was going to be OK. We found our strength in Brooke."

Five hours later, John and Rebekah Naab looked in amazement at their baby's heart monitor. For months her heart rate had been too high and oxygen levels too low. Suddenly, they were normal.

The next day, their baby woke up and smiled.

## Something to Be Thankful For

All four of the children who received new hearts in the ebbing days of September were home as the winter holidays arrived, but not without a little drama.

Following her surgery, Brooke's skin color



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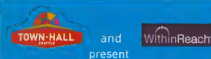
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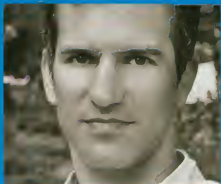
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**'The Panic Virus'**



**Wendy Sue Swanson**  
**'Seattle Mama Doc'**

In light of the lingering vaccine-autism-link controversy and as part of National Infant Immunization Week, Seth Mnookin, author of *The Panic Virus*, and "Seattle Mama Doc" blogger/pediatrician Wendy Sue Swanson discuss how parents can find accurate health information and make the right decisions for their families.

\$5 tickets and info at  
[townhallseattle.org](http://townhallseattle.org)



warmed from a pale blue to a beautiful pink. She was suddenly active, kicking and playing in her bed.

But just as the doctors began planning for her release, Brooke's central line, an intravenous catheter inserted at the jugular vein to allow medication to be delivered continuously, was contaminated. She became sick and showed signs of minor rejection. Happily, the transplant team was able to nurse Brooke back to health.

Such moments remind parents that a new heart is not a final cure.

The longest an infant heart recipient has lived is 20 years after surgery. That means it is likely that all of these children will have to undergo a second transplant at some point, and that they can expect a lifetime of medication and follow-up.

### Home

Brooke went home on the day before Thanksgiving. She herself was no bigger than a Butterball, but active, alert and playful.

While she was waiting for her heart, hospital staff instructed Brooke's parents in how they would need to care for and feed her post transplant. Without the energy to eat, Brooke had lost the sensory signals needed to do so. She would have to eat through a tube while she learned to suck and swallow. Her parents would need to give her drugs and clean her medical equipment. Brooke would be under a sort of "house arrest," going out only to medical appointments for some time.

While her long hospitalization and continued care affected everyone in the family—which includes brothers Ray Naab, 22, Zander Clouse, 18, and Jayden Naab, 9, everyone is eager to help Brooke make up for the play and development time lost during her long journey to a new heart.

"I play a lot with her and I help with the feeding," said a proud Jayden, pointing across the family living room to an apparatus attached to an IV pole. Months after returning home, Brooke's eyes still light up whenever any of her brothers enters the room.

The Naabs continue updating their journal on [CaringBridge.org](http://CaringBridge.org), a resource that allows families to share the experience of a family member in need.

In early December, Brooke was able to sit up on her own. By January, there were no further signs of rejection. By early February, she was weaned off all pain medications, getting some foods from a sippy cup; she learned to crawl backwards and said "Elmo" while

watching *Sesame Street*. Weeks later, she began eating solid foods.

"She's just so happy all the time," John Naab wrote to the more than 1,000 people who have been following Brooke's progress on [CaringBridge](http://CaringBridge.org).

### Giving Thanks

Permut and cardiologist Erin Albers said that while giving a child a second chance at life is part of the reward for their long hours and exacting work, they're also inspired by the families that surround those children.

"The Naabs are really incredible people," said Albers. "They are so incredibly positive and have been that way from day one."

Both doctors said that it's impossible not to feel emotionally connected to the kids and parents they serve. That connection deepened, said Permut, once he had his own two daughters, ages 14 and 19. Albers, too, said having her own children connected her more intimately with her work.

"I think about them a lot," Permut said of his children. "There's no question that once I had my first, my interaction with families changed. It's the difference between sympathy and empathy, when you can really start to ask: 'What would I feel like if I were going through this with my child?'"

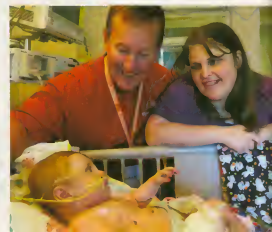
"Ultimately," he said, "it takes a little more of an emotional toll."

For that toll, the Naabs have bestowed new titles on Permut and the entire cardiac team: Heroes.

"Brooke is alive today because of the care she received," John Naab said.

While they rejoice in every developmental milestone their daughter achieves, another set of heroes is never far from their minds.

"When we get our heads above water, we will write the donor family," John Naab said. "We often think about and pray for them. Our daughter's suffering ended because of their courage."





# HIBULB events

## POETRY SERIES

April 4, 2013  
Thursday, 6:00 PM to 7:00 PM  
Northwest Indian College Poetry Class

## STORYTELLING

April 7, 2013  
Sunday, 1:00 PM to 1:30 PM  
Michelle Myles and Jacyntha Myles-Gilford

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April 12 Friday, 5:00 PM to 7:00 PM  
April 13 Saturday, 3:00 PM to 6:00 PM  
April 14 Sunday, 3:00 PM to 6:00 PM  
"Our Land Our Relations"

## FILM SERIES

April 14, 2013  
Sunday, 6:00 PM to 7:00 PM  
Salmon Defense  
Screening: Back to the River

*Back to the River* tells the story of the treaty rights struggle from the pre-Boldt era to tribal and state co-management. The movie includes the voices and personal accounts of tribal fishers, leaders, and others active in the treaty fishing rights struggle.

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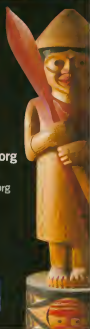
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Book Signing, 3 pm at Tacoma Art Museum

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## TACOMA **ART** MUSEUM

The Artist Who Painted a Blue Horse, © 2011 by Eric Carle. Digital facsimile print. Object: 15 x 20 inches. Courtesy of The Eric Carle Museum of Picture Book Art. This exhibition was organized by The Eric Carle Museum of Picture Book Art, Amherst, MA in cooperation with Tacoma Art Museum. The exhibition is generously sponsored by Arts-Fund, Russell Investments, and Steibich Ridder International. Additional support provided by Helen and Peter Bing.

# What a Parent Should Know about Poop

An interview with Dr. Tom DuHamel

By Erika Bigelow

Three years ago, I started thinking about potty training my oldest son. He was just about 3 years old at the time, and had shown no inclination to use the toilet. I didn't want to rush him—I had heard that boys sometimes catch on to potty training a little bit slower than girls, and my daughter hadn't fully potty trained until she was 3½. But I decided to start working on it with incentives: stickers and M&Ms and big boy undies he got to pick out himself. He liked the incentives; the potty training was a disaster. He had accident after accident after accident. And the accidents were awful—messy, smelly, gross. Over time, his teachers started to ask questions, the kids in his preschool made comments about his odor, and he started acting out at school. We went through one pediatrician, two pediatric gastroenterologists, two pediatric dietitians, one social worker, one child psychologist and a whole array of tests before we finally found a pediatrician that had the living memory of the now defunct encopresis clinic at Seattle Children's Hospital. She referred us to a nurse who used to work at that clinic and who now runs her own encopresis clinic in Edmonds. That whole process took two years.

If we had only had the book, *The Ins and Outs of Poop*, back then. We could have saved our son and ourselves a great deal of frustration, embarrassment and time. Written by

Thomas R. DuHamel, Ph.D., a clinical child psychologist who has successfully collaborated with parents and pediatric health care providers about functional constipation for more than 30 years, this excellent book is going to be an invaluable resource for doctors and teachers and parents alike.

Recently I asked "Dr. Tom" the following questions about his work:

## What was the impetus for writing this book?

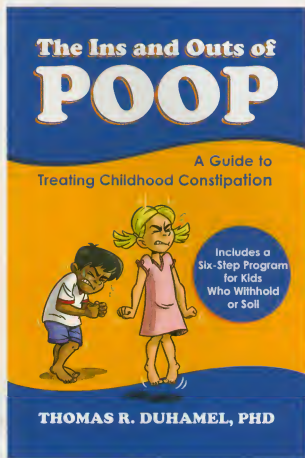
Parents have frequently asked me if there are any books they can read or if there is any place on the Internet they can go to learn more about functional constipation. What I have said to them is that I've read a lot of books and articles about childhood constipation, but that most of them are written for professionals and do not address the day-to-day decisions and struggles that parents have to deal with. As for the Internet, although there's a lot of information about constipation and encopresis out there, I do not recommend it to parents because so much of it is contradictory or just plain wrong. So, unable to find anything in writing for parents that I thought was accurate, easy to understand and provided practical advice, I decided to write a book for them myself.

Constipation seems to be a really frequent issue with kids at the potty training stage, yet many doctors and potty training books never mention it. Why do you think that is?

In our culture, people are generally uncomfortable talking about "poop," "poo" or "bowel movements." Unfortunately, this includes many doctors. Talking about poop is considered by many to be in poor taste. Parents and teachers tell children from early on not to use "potty talk." Another reason why constipation is not mentioned very often is because many doctors do not know how serious constipation can be for children. Like most people, many doctors think that there is only one kind of constipation, occasional constipation, the kind that comes and goes in a matter of days. If they don't know about encopresis, they can't talk about it. Hopefully, my book will help to bring this problem out of the shadows.

## What are the most common mistakes you see people make with potty training?

The two questions that parents always ask, especially new parents, are: "When should I start toilet training?" and "What method should I use?" Some parents try to train too soon, before their child is developmentally ready. Most children are developmentally ready between 18 and 24 months. Trying to toilet train much



before then can be stressful for everyone. Other parents wait until their child is 3 years old or older before they begin training, which can make training much more difficult than necessary because, by that time, their child has become dependent on diapers or pull-ups and resists giving them up. Another mistake parents make is to use one or another of the now popular potty-training-in-a-day training methods, not because their child shows signs of readiness but because they want to get toilet training out of the way as quickly as possible. There are some 18 to 20 month old children who can be trained in a day, but most cannot.

#### What is the most important thing parents can do to try and avoid encopresis?

I think the most important thing that parents can do to prevent encopresis is to look at their child's poop at least two or three times a week to check for the early signs of constipation. In my book, I describe what a normal stool looks like (light brown, banana shape with a smooth surface) and what a constipated stool looks like (dark brown, sausage shape with a

lumpy surface). I even provide pictures! The reason parents should inspect their child's stool frequently is so that if he or she develops occasional constipation (which most children will), they can treat it quickly with natural remedies before it turns into encopresis.

#### What words of encouragement would you give to parents who have been through the encopresis diagnosis and are looking toward the lengthy process of clean out and retraining?

The first thing I often say to parents, after confirming what many of them already knew before they came to see me, is this: "Take a deep breath, relax and rest assured that encopresis is curable. It may take up to a year or more and there will most likely be many ups and downs, but your child will eventually stop withholding and will stop soiling. The keys to success are to stick with the treatment plan, share your questions and concerns with me along the way and to be patient. This too will pass!"

(Pun intended.)

#### Finding doctors, therapists and other resources can be difficult for parents with an encopretic child. Do you have suggestions for where a parent should turn for help in our community?

I always recommend that parents talk with their pediatrician or pediatric nurse practitioner. I have found that most pediatric specialists in and around Seattle are knowledgeable about encopresis or know of someone who is. This is not the case in many rural areas of the state. In those cases, I sometimes recommend that parents read my book and then ask their pediatrician to read the chapter titled, "Constipation Guide for Pediatric Healthcare Providers."

*Dr. DuHamel is currently in private practice in Seattle. He is a Clinical Associate Professor in the Department of Psychiatry and Behavioral Sciences at the UW School of Medicine and was formerly Chief Psychologist at Seattle Children's Hospital. DuHamel is married with two children and a very precious granddaughter. Go to [www.theinsandoutsofpoop.com](http://www.theinsandoutsofpoop.com) for more information.*



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# A Daily Vitamin

Good, Bad or Maybe?

By Wenda Reed

Ask a dozen parents whether it's a good idea to give children daily multivitamins, minerals or other supplements, and you'll get a dozen different answers.

Five of 12 local parents we surveyed say they routinely give their healthy children supplements to make sure they're hitting all of the nutritional bases or because their pediatricians suggest it.

"My two older kids (almost 6 and almost 4) each eat half of a Flintstones Complete tablet daily," says Helene Hills, a Lynnwood mother of three. "I grew up on Flintstones myself, though I am far from being a supplement pusher. I figured that half a tablet would be enough to give the kids' sometimes questionable diets a boost." Other parents in this group also administer probiotics, fish oil, Vitamin D, Vitamin C or calcium.

Another five give their children multivitamins or other supplements sporadically, especially during the winter months when it's cold and flu season, when their children may not eat as many fruits and vegetables, or when the sun does not provide much Vitamin D.

Leigh Larsen, an Everett mother of three boys, typifies the ambivalent attitude. "I usually buy one bottle of multivitamins for the winter months," she says. "When they are getting sick, I do give them Vitamin C in either a chewable or warm drink form. Our diet is balanced (not perfect) with variety, so I feel that a multivitamin is a waste of money and would be useless for the most part. Also, so many items are fortified nowadays that I wonder if they are getting too much of a mineral or vitamin."

Two of the parents don't believe in added vitamins or minerals. "We've never put our kids on any kind of supplements, preferring, rather, to give them a lot of healthy choices for snacks or meals," says Andrea Peterson, a Snohomish mother of two "fairly adventurous" eaters. "I think it really depends on the individual child's eating habits, tastes and temperament. I certainly think that vitamins/supplements are appropriate if a parent or their doctor is concerned that a child has a nutritional deficiency."

About 30 percent of American children take dietary supplements regularly, according to the National Institutes of Health, but doctors are divided over whether they're necessary. We asked Seattle Polyclinic pediatrician Dr. Jenny

Lobo and Lynnwood naturopath Dr. David Wood about whether multivitamins and other supplements are helpful (sometimes), useless (often) or harmful (not usually). Both emphasize nutrition in their practices.

## Multivitamins

Dr. Lobo doesn't routinely recommend multivitamins and does not give them to her 21-month-old daughter. "If they're good eaters – eating at least some meats, fruits, vegetables and dairy products – multivitamins are unnecessary. When I ask questions about diet, parents are often surprised at how much nutrition their children are actually getting, even if they only eat three or four different fruits and vegetables."

Evidence shows that multivitamins do not help with preventing disease or reducing infection, she says. There is no point in giving them seasonally.

If parents do want to give their children multivitamins, she recommends ones that are chewable, taste good and include iron. "It's hard to harm yourself with over-the-counter vitamins, but do limit access by keeping them safe and put away when not in use." Parents concerned about fillers, sugar, preservatives or food dyes can look for pills without those ingredients.

Dr. Wood agrees that getting vitamins through diet is the best way, but says that most of his child patients get multivitamin/mineral supplements to make up for any nutrient deficiencies. Some children have allergies that cause them to miss certain food groups. "Most Americans simply do not eat a well-rounded, balanced diet. If parents aren't perfect with their food intake, can we really assume their children will be?"

The quality of the multivitamins is important, he adds. "Many patients react to artificial dyes and fillers. Also, the cheapest products often contain synthetic vitamins which may have little or no biological activity."

## Vitamin D

This vitamin, usually in the form of D3, is the current darling of the medical world, especially in cloudier climates where less is produced by sunlight striking the skin. It's involved in bone and cell growth and health, neuromuscu-

lar and immune function and reduction of inflammation.

"Virtually everyone who is unsupplemented in the Northwest is deficient. Period!" emphasizes Dr. Wood. "We prescribe Vitamin D3 to all patients all year long and adjust dosage according to follow-up lab studies." The levels may be lowered in the summer when children can get 10 to 15 minutes of unprotected exposure of the skin to the sun before applying sunscreen.

Dr. Lobo agrees that many people in the Northwest may have some Vitamin D deficiencies, especially if they have darker skin that does not absorb as much sunlight. However, she says the threshold for Vitamin D deficiency is lower for children than it is for adults, and research is still ongoing on the effectiveness of supplementation.

The only proven result of inadequate Vitamin D in children is rickets, a disease characterized by a failure of bone tissue to properly mineralize, resulting in soft bones and skeletal deformities. The American Academy of Pediatrics recommends Vitamin D drops for breast-fed infants, advice Dr. Lobo followed with her daughter. Infant formula and cow's milk are usually fortified with Vitamin D.

Safe upper intake levels of Vitamin D for children range from 1,000 IU (international units) for babies to 4,000 IU for age 9 and older, according to the National Institutes for Health.

## Other Vitamins

Vitamin C is best absorbed from fruits and vegetables, especially citrus fruits. It was historically used for treating scurvy, a disease causing malaise and lethargy, followed by formation of spots on the skin, spongy gums and bleeding from the mucous membranes. Some pediatricians still prescribe a multivitamin or Vitamin C to children who don't eat many fruits or vegetables to prevent the disease.

"The biggest misconception is that Vitamin C increases immunity; there are no tests to support that," Dr. Lobo says. Some research indicates that it might reduce the duration of the common cold, even though it doesn't help prevent it. "It's hard to overdose on Vitamin C," Dr. Lobo adds. "They just pee out the extra."

Children who are vegetarian or vegan may need supplements of Vitamin B12, found in fish, meat, poultry, eggs, milk, other dairy products and fortified grains, Dr. Lobo points out. A lack of this vitamin can cause anemia in the short-term and damage to nerve tissue after years of deficiency.

Do not take Vitamins A, D or E in more than the recommended doses because – unlike vita-

mins B and C – they are not rapidly cleared from the body. "It is important that parents not assume that if a little is good, a lot is better," Dr. Wood says.

## Minerals and Supplements

Most children's multivitamins also contain common minerals, such as calcium, iron, magnesium or zinc. Other mineral supplements are generally not needed unless a child is a picky eater or has a diet limited by allergies, Dr. Wood says.

"I may put patients on a good soluble calcium supplement if they are dairy-intolerant," Dr. Wood says. "Parents can instead choose calcium-fortified foods such as rice milk, orange juice, almond milk or soy milk to equal the amount that a milk/cheese-based diet would provide." The guideline is two to three servings a day of dairy products a day for children and three to four servings by the teen years, Dr. Lobo says. This is especially important for bone formation in girls. Calcium carbonate is the easiest form to find and is safest on the stomach, she says.

She points out that infants receive enough iron in breast milk for the first four to six months of age. If they are not eating iron-fortified cereal by then, breastfed infants will need an iron supplement to prevent anemia.

Several of the parents we surveyed give their children fish oil supplements, containing essential omega-3 fatty acids (abbreviated as EPA and DHA), citing its benefits in brain health and development. Omega-3s are found in breast milk, and are now added to infant formula. Dr. Wood calls EPA/DHA "one of my favorite prescriptions" for brain and cardiovascular health and reduction of inflammation all over the body. On the other hand, Dr. Lobo doesn't routinely recommend omega-3s or fish oil because "it's hard to know, from current research, how much benefit it has for children."

Both advise parents to be thoughtful about what they give their children, and to rely on their health care provider to guide them. This is especially true of herbal supplements with vitamins or minerals in them, which are not regulated by the FDA and may contain lead or other dangerous chemicals.

"Supplements are called that because they supplement the diet," Dr. Wood concludes. "The diet is first and foremost in protecting health."

*Wenda Reed is an award-winning health writer and frequent contributor to Seattle's Child who endured cod liver oil as a child (thereby dating her self).*



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## Improv Shows

Not Just for Grown-Ups

By Kelly Rogers Flynt

Liberating, empowering and just plain bone-tickling funny, improvisational play may just be the key to a happy childhood ... and adulthood. Knowing how to jump into an imaginary world and just "go with it" is as natural to early childhood as cookies and milk.

More improv shows geared for all ages are popping up around town, including two productions this month at Wing-It Productions and ComedySportz. Kids can get involved with and try out this exciting genre of theater in a variety of ways.

The beauty of improv is that its very nature precludes such things as plans and outcomes. Some kids may be nervous about not having a plan and may be afraid of freezing up and not knowing what to do. However, the freedom to take play anywhere you can imagine is a powerful and addictive force that yields many benefits for those willing to give it a try.

Currently playing at Wing-It Productions in the University District through April 19, Jet City Improv presents *The Adventures of Gilbert and Sullivan: A Topsy Turvy Unscripted Musical Comedy*.

Not only will this show allow your kids the opportunity to see improv prowess at its best, but they will also get to participate in the show and help guide where the story goes. The audience plays the role of "the crew" and determines Gilbert and Sullivan's destination and purpose of travel to their next exotic port. Being part of the action and story development helps kids realize that they have good ideas,

Will Li and Lauren Bond in *The Adventures of Gilbert and Sullivan: A Topsy Turvy Unscripted Musical Comedy*. PHOTO BY TODD GARDINER.

### IF YOU GO

**What:** Gilbert & Sullivan: *A Topsy Turvy Unscripted Musical Comedy*

**Where:** Wing-It Productions, 5510 University Way N.E., Seattle

**When:** Thursday and Friday nights through April 19.

**Cost:** \$15 general admission, \$12 students, seniors and military.

**Contact:** 206-352-8291;  
[www.wingitpresents.com](http://www.wingitpresents.com).

**What:** Comedy Sportz Kidz Matinee

**Where:** Ballard Underground, 2220 N.W. Market St., Seattle

**When:** The last Saturday of each month (April 27 this month) at 2 p.m.

**Cost:** \$8 general admission.

**Contact:** 425-954-5618;  
[www.comedysportzseattle.com](http://www.comedysportzseattle.com).

and they love seeing where the actors take their suggestions.

My 11-year-old son, who has dipped his toes in the improv waters, loves that no two shows are the same. He says, "It's an amazing feeling when they use your idea and it makes so many people laugh. It really makes you want to jump up there and do it with them."

Another local option for improv shows is ComedySportz at Ballard Underground. Two teams of improvisers play a short-form improv game in front of a referee, and the audience gets to decide which team made them laugh the most. ComedySportz' unique blend of fast and funny improv comedy is usually appropriate for all ages; however, once a month, they offer a "Kidz Matinee" that focuses all the fun on the littler fans. They are even available for birthday parties.

If your child gets inspired to take an improv class after watching one of these shows, you'll find several offered in theater programs for kids in our area, including at Seattle Children's Theatre and Studio East. Jet City Improv will come to a middle school or high school and set up a customized improv program.

*Kelly Rogers Flynt is a freelance writer based out of Lake Forest Park and the mother of two, for whom she has improvised parenting for the past 8 and 11 years.*



## 5 Urban Hikes to a Beach

By Taryn Zier

It's staying light later, and now that we are getting more glimpses of that bright orb in the sky, nature is calling our name. But it's not quite time for mountain hiking; many trails are still socked in with snow. Try urban hikes to get your family moving in April.

Hook your children with an appealing destination: There's nothing like the lure of a sandy beach to get your kids through a few switchbacks. The low tides on the second and fourth weekends in April are prime time for beach exploration.

Here are five idyllic spots for getting some good exercise under the guise of having playtime at the beach.

### Carkeek Park

With lush forest, meadows, wetlands, saltwater beach and more than six miles of hiking trails, 220-acre Carkeek Park in North Seattle will entice the reluctant. Try the Wetland Trail boardwalk, then traverse the North or South Bluff Trails for the workout and the spectacular views of Puget Sound. After your hike, head over the footbridge toward the beach, where kids can station themselves right over the train tracks as powerful locomotives thunder by. Carkeek's expansive beach lets children skip rocks, play in the water at the mouth of Piper's Creek, look for sea critters and picnic on driftwood. Don't leave without a spin at the playground. My kids love the salmon-shaped slide and the train spotting – it's their reward for working up a sweat on the trails.

**Location:** 950 N.W. Carkeek Park Road, Seattle.

### Discovery Park

The largest park in Seattle at 534 acres, with more than seven miles of trails, Discovery has multiple habitats: ponds, meadows, forests and

saltwater beaches. We like the Loop Trail (2.8 miles), with several habitats and remarkable panoramas of the Cascade and Olympic Mountains. Three paths from this trail take you down to the seaside for beachcombing. If you prefer a sandy beach (good for small children), take the South Beach Trail. The North Beach Trail takes you to a rockier beach, especially great during low tides. Note: The beach is at least 1.5 miles from the parking lots. Not completely tucked out after your trek? Try the playground, nestled in the trees at the east end of the park.

**Location:** 3801 Discovery Park Blvd., Seattle.

### Lincoln Park

Just north of the Fauntleroy Ferry Terminal in West Seattle lies beloved Lincoln Park. This green space is noted for its diversity – it's lined with 4.6 miles of walking paths, almost as many bike trails, scattered playgrounds and playfields, and both a wading and outdoor pool. Fourteen trails offer plenty of choices for your family to take in nature at your own pace. Kids will enjoy the paved path along the shoreline, hiking up to the great vantage points of the upper bluff and looping back down again. There are plenty of picnic tables along the beach where you can relax after your hike, watch passing ferries and pause for a midday feast before checking out the area's intertidal community.

**Location:** 8011 Fauntleroy Way S.W., Seattle.

### Point Defiance Park

About two million people visit this 702-acre gem in Tacoma each year to experience old-growth forests, lush gardens, scenic views, beaches, hiking trails and attractions (the park includes Point Defiance Zoo & Aquarium and the Fort Nisqually Living History Museum). Five Mile Drive winds through the forest, of-

fering vistas of Puget Sound, the Cascade and Olympic Mountains, and the Tacoma Narrows Bridge. It's closed to vehicle traffic every Saturday and Sunday until 1 p.m., allowing families to check out the scenery in safe surrounds.

There are more remote hiking paths, as well as a paved promenade for an easy stroll from the Marina to Owen Beach. Watch the ferry boats head over to Vashon Island and the kayakers paddling about (rent kayaks at the beach). Picturesque gardens showcase native plants. There is so much to do here, you might just have to pay a few visits.

**Location:** 5400 N. Pearl St., Tacoma.

### St. Edward State Park

My family adores this Kenmore park. Several trails among its 316 acres lead you along forested trails to the shoreline of Lake Washington. Marked with mileage and level of difficulty, you can choose the path that works best for your family. Our favorite is the Seminary Trail, little more than a half-mile to the water. We love the short hike that allows us more time to play around in the sand, have a picnic and watch the boats out on the lake on a nice day. Be sure to search for the giant, hollowed-out tree near the shore – it's a great spot for photos. Head up the trail and end your adventure at "castle park," one of our area's most unique playgrounds. Take note: This is a state park, so you must have a Discover Pass or pay for a day pass on site for \$10.

**Location:** 14445 Juanita Drive N.E., Kenmore. [www.parks.wa.gov](http://www.parks.wa.gov).

*Taryn Zier, website editor at Seattle's Child and mother of two, enjoys blogging about fitness. She plays and coaches soccer and likes to hike and run.*

# APRIL

*Find hundreds more events at [SeattlesC](#)*



# CALENDAR OF EVENTS

Events are subject to change or cancellation. Please call ahead or check the venue's website before you go.

Submission deadline is the first of the month, one month prior to publication (for example, May 1 for June publication). For calendar listings, include date, time, cost, appropriate ages, address, contact information and description. Email to [calendar@seattlechild.com](mailto:calendar@seattlechild.com). Submissions are run on a space available basis.



Five-year-olds take part in a fun 5K, like the April Fools Dash happening April 6 in Tacoma. You'll find several chances to run and play outside this month—see the calendar for more. PHOTO COURTESY OF METRO PARKS TACOMA.

## Erika's Top 6 Picks for April

Get ready for your weekend by watching Erika Bigelow, *Going Places* editor, on Q13 every Friday morning.



### Whirligig! April 6-21

Here's a perfect way to burn some energy during all those April showers. The Seattle Center Armory is transformed into an indoor carnival for this fun annual event complete with inflatable rides, face painting, balloon artists and live entertainment. There's even a special area with toddlers-only inflatables. Great for ages 12 and younger. [www.seattlecenter.com/whirligig](http://www.seattlecenter.com/whirligig).

### You're a Good Man, Charlie Brown.

April 12-21

Twelfth Night Productions brings us this sweet musical about the earnest and lovable Peanuts character, his dog and his colorful cohorts. Will Linus abandon his blanket? Will Charlie Brown get to kick the ball? Will Schroeder profess his love for Lucy? You'll just have to come to the Youngstown Cultural Arts Center and see for yourself. [www.brownpapertickets.com/event/328626](http://www.brownpapertickets.com/event/328626).

### Recycling Fair. April 13

A "trashion" show? Intriguing! Come check out the Burke Museum's showcase of public and private recycling efforts in our area, learn about the life cycle of plastic, learn what you can do to reduce trash and then create your own haute couture from discarded plastics before you walk the red carpet. FREE for ages 4 and younger. [www.burkemuseum.org/events/browse/recycling\\_fair](http://www.burkemuseum.org/events/browse/recycling_fair).

### Crash. April 18- May 19

Recommended for ages 8 and older, Seattle Children's Theatre's latest production tells the tale of two middle-school boys and the difficulties each encounters in their respective social stratospheres. Themes of bullying, social hierarchy, competitiveness, love and family are explored. [www.sct.org](http://www.sct.org).

### April Pools Day. April 20

FREE swimming at many of Seattle's public pools paired with fantastic water safety instruction, demonstrations, raffles and prizes. Did I mention that it's FREE? Ballard Pool, 12:30 to 2 p.m., Evans Pool, 1:30 to 3 p.m., Meadowbrook Pool, 9:30 to 10:30 a.m., Margat Evers Pool, 1:30 to 3 p.m., Queen Anne Pool, 3:30 to 4:30 p.m., Southwest Pool, 10:30 a.m. to noon. [www.seattle.gov](http://www.seattle.gov).

### Sheep Shearing. April 27

She shears sheep at the sheep-shearing show. How many sheep can she shear? Come and she, I mean see. Fun abounds at Kelsey Creek Farm Park with spinning and herding demonstrations, children's crafts and activities, tractor and wagon rides, pony rides and plenty of yummy food. Activities are cash only and parking is limited. Shuttles are available from Willburton Park & Ride and Bannerwood Sports Park. <http://bellevue.com/happening.php?id=1036>.



# Camps

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MONDAY, APRIL 1  
APRIL FOOL'S DAY  
NORTH SOUND

Skagit Valley Tulip Festival. Daily events and attractions through April 30, most with appeal for kids and families. Mount Vernon Street Fair is April 19-21. Prices vary, many events FREE. Various locations throughout the Skagit Valley. Download the festival map and brochure online. 360-428-5959.  
[www.tulipfestival.org](http://www.tulipfestival.org).

TUESDAY, APRIL 2  
SEATTLE AREA

Super WHY Live! Stage show of the popular PBS Kids TV series features music, stunts and special effects. 6 p.m., doors open 5 p.m. \$21.25 to \$47. The Paramount Theatre, 911 Pine St., Seattle. 877-784-4849. <http://stgtpresents.org>.

THURSDAY, APRIL 4  
SEATTLE AREA

Imagination Playground Opening. See the newest fun feature at Ravenna-Eckstein Community Center and enjoy a piece of cake, too. 10:30 a.m. FREE. 6535 Ravenna Ave. N.E., Seattle. 206-684-7534.  
[www.seattle.gov](http://www.seattle.gov).

NASA Climate Day. Activities and presentations about climate change and what we can all do about it. Measure your carbon footprint, learn about fossil fuels and more. 5 to 9 p.m. FREE. Museum of Flight, 9404 E. Marginal Way S., Seattle. 206-764-5720.  
[www.museumofflight.org](http://www.museumofflight.org).

Adventures with Spot. Play about a fun-loving puppy based on the books by Eric Hill. Recommended for ages 2 to 7. 7 p.m. today, various dates and times through May 5. \$15 to \$36. Seattle Children's Theatre, 201 Thomas St., Seattle. 206-441-3322. [www.sct.org](http://www.sct.org).

Puss in Boots. Bellevue Youth Theatre presents the story of a quick-witted cat who helps his humble owner become royalty. 7 p.m. through Sat., 2 p.m. Sat. and Sun. \$12, \$5 military and Sat. matinee. 16661 Northrup Way, Bellevue. 425-452-7155.  
[www.bellevueyouththeatre.org](http://www.bellevueyouththeatre.org).

SOUTH SOUND

The Somewhat True Tale of Robin Hood. Olympia Family Theater presents a funny, Monty Pythonesque retelling of the familiar story. Recommended for ages 8 and older. 7 p.m. Thursdays and Fridays, 1 p.m. Saturdays and Sundays through April 14. \$16, \$13 seniors, students and military, \$9 ages 11 and younger. Washington Center for the Performing Arts, 512 Washington St. S.E., Olympia. 360-753-8586.  
<http://olyf.org>.

Michael Flatley's Lord of the Dance. Tale of good vs. evil based on Irish folklore and told through spectacular Irish dancing. 7:30 p.m. \$51 to \$76, \$46 to \$68 students, seniors and military, \$25.50 to \$38 youth. Washington Center for the Performing Arts, 512 Washington St. S.E., Olympia. 360-753-8585.  
[www.washingtoncenter.org](http://www.washingtoncenter.org).

FRIDAY, APRIL 5  
SEATTLE AREA

Marine Mammal Mania. Learn about the furry inhabitants of Seattle Aquarium through hands-on kids' activities, talks and demonstrations. 9:30 a.m. to 5 p.m. Fridays through Sundays. Sea otters April 5-7, fur seals April 12-14, wild orcas April 19-21. Included with admission. \$19.95, \$13.95 ages 4 to 12, FREE ages 3 and younger. Pier 59, 1483 Alaskan Way, Seattle. 206-386-4300. [www.seattleaquarium.org](http://www.seattleaquarium.org).  
D23 Disney Fanniversary Show. A Disney archivist will present behind-the-scenes stories, never-before-seen footage, concept art, photos and interviews with Disney legends. 7 to 8:30 p.m. \$35, \$21 D23 members. Central Library, Microsoft Auditorium, 1000 Fourth Ave., Seattle. <http://d23.disneygo.com>.

EASTSIDE

Family Adventures in Nanotechnology. Explore how nanotechnology works through fun hands-on demonstrations and experiments. Best for ages 5 and up. 5:30 to 7:30 p.m. \$25, \$20 member family. Pre-registration required. KidsQuest Children's Museum, 4091 Factoria Mall S.E., Bellevue. 206-637-8100.  
[www.kidsquestmuseum.org](http://www.kidsquestmuseum.org).

Brightwater Festival of Frogs. Learn about local frog species, then go out and collect data for Frogwatch U.S.A. at the Otter Pond and in the wetlands, followed by a night hike in small groups. 6 to 8 p.m. FREE. Pre-register. Brightwater Center, 22509 SR 9 S.E., Woodinville. 206-263-8862. <http://brightwaterfrog.eventbrite.com>.

Romeo and Juliet. Shakespeare's classic romantic tragedy comes to the stage. Recommended for ages 9 and older. 7:30 p.m. today and Sat., 2:30 p.m. Sat. \$14, \$12 seniors and youth. Studio East, 11730 18th Ave. N.E., Suite 100, Kirkland. 425-820-1800. <http://studio-east.org>.

SOUTH SOUND

The Tortoise and the Hare. Missoula Children's Theatre presents their take on the classic fable, featuring dozens of local young actors. 7 p.m. today and Sat. \$10, \$7 ages 18 and younger. Centerstage Theatre, 3200 S.W. Dash Point Road, Federal Way. 253-661-1444. [www.centerstageattheatre.com](http://www.centerstageattheatre.com).

SATURDAY, APRIL 6  
SEATTLE AREA

Coast Salish Art and Artists. See art by local Northwest Native artists, watch demonstrations, see films and participate in a weaving project. 10 a.m. to 3 p.m. Included with admission. \$10, \$8 seniors, \$7.50 students and youth, FREE ages 4 and younger. Burke Museum, 4500 15th Ave. N.E., Seattle. 206-543-5590.  
[www.burkemuseum.org](http://www.burkemuseum.org).

Ridge Romp. Music from Caspar Babypants. 10:30 a.m. and 12:30 p.m., doors open half an hour prior. \$4, babies in arms FREE, limited seating. Phinney Neighborhood Center (lower brick building), 6615 Dayton Ave. N., Seattle. <http://ridgeromp.wordpress.com>.  
Kaleidoscope Dance Company. An engaging, creative and powerful performance. Part of the Shoreline Family Performances series. 11 a.m. \$8. Shoreline Community College Theater, 16101 Greenwood Ave. N., Shoreline. 206-417-4645. <http://shorelinearts.net>.



**Saturday Family Concert: Reem Kelani.** Enjoy Palestinian music, stories and culture from Reem Kelani. 11 a.m. and 1 p.m. \$5, FREE ages 12 and younger with paying adult. \$25 unaccompanied adult, ticket required. Town Hall Seattle, 1119 Eighth Ave. (use Seneca Street entrance), Seattle. 888-377-4510. [www.townhallseattle.org](http://www.townhallseattle.org).

**Whirligig!** Annual event features inflatable rides, face painting, balloon artists and live entertainment. Special toddlers-only inflatables. Ages 12 and younger. 11 a.m. to 6 p.m. daily through April 21 (rides close at 2 p.m. April 18). \$7.50 all-day pass, \$4.50 toddler area all-day pass, \$1.50 single ride ticket, **FREE** on Thursdays (but crowded!). Seattle Center Armory, 305 Harrison St., Seattle. 206-684-7200. [www.seattlecenter.com/whirligig](http://www.seattlecenter.com/whirligig).

**Viva Verdi!** Seattle Opera Young Artists, along with the Seattle Opera Chorus and the Young Artists Program Orchestra, will perform selections and scenes from beloved Verdi operas. 7:30 p.m. \$35 to \$100, \$15 ages 17 and younger. Meany Hall for the Performing Arts, 15th Avenue N.E. and N.E. 40th Street, Seattle. 206-389-7676. <http://seattleopera.org>.

## EASTSIDE

**Eats & Beats with The Not-Its!** Pizza and a concert from this high-energy rock band. 5:30 to 8 p.m. \$8 to \$12, \$3 for pizza and lemonade, pre-register for food to guarantee availability. KidsQuest Children's Museum, 4091 Factoria Mall S.E., Bellevue. 425-637-8100. [www.kidsquestmuseum.org](http://www.kidsquestmuseum.org).

## NORTH SOUND

**Tulip Run.** 5-mile run or 2-mile run/walk. 7:30 a.m. registration, 9:30 a.m. run. \$13 to \$33, FREE ages 14 and younger and 70 and older. Skagit Regional Airport, 15400 Airport Drive, Burlington. [www.tuliprun.com](http://www.tuliprun.com).

**April Pools Day.** Boating and water safety, and a **FREE** family swim. Space is limited to 150 participants. 9 to 11 a.m. Lynnwood Recreation Center, 18900 44th Ave. W., Lynnwood. 425-670-5732. [www.ci.lynnwood.wa.us](http://www.ci.lynnwood.wa.us).

## SOUTH SOUND

**The Most Magnificent Mutt Show.** Kids ages 14 and younger and their dogs can come compete for prizes in a variety of categories like best costumes, softest fur, longest and shortest tails, and more. Dogs must be leashed, and kids must have an adult present. 9 a.m. registration, 10 a.m. show. **FREE.** Frontier Park, 21800 Meridian S., Graham. 253-847-4754. <http://thedafoildfestival.org>.

**April Fools Dash.** A chip-timed 3-mile race that's full of surprises. Kids, walkers and leashed pets welcome. 10 a.m. \$10. Jefferson Park, 801 Mason Ave. N., Tacoma. 253-312-4458. [www.metroparkstacoma.org](http://www.metroparkstacoma.org).

**Fairy Garden Tea Party.** Kids will undergo a "fairy transformation," followed by tea and snacks, a craft and a special visitor. All ages welcome with parent supervision. 1 to 3 p.m. \$10. Lakewood Activity Center, 9112 Lakewood Drive S.W., Lakewood. 253-983-7887. [www.cityoflakewood.us](http://www.cityoflakewood.us).

**CIRCA.** Australian circus in the style of Cirque du Soleil features acrobatics, tumbling and more. 7:30 p.m. \$24 to \$36, \$22 to \$32 students, seniors and military, \$12 to \$18 youth. Washington Center for the

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[SeattleFencing.com](http://SeattleFencing.com)

# Camps

Performing Arts, 512 Washington St. S.E., Olympia. 360-753-8585. [www.washingtoncenter.org](http://www.washingtoncenter.org).

## SUNDAY, APRIL 7

### SEATTLE AREA

**Seattle Bot Battles.** Watch robots of different shapes and sizes battle each other. Noon to 5 p.m. **FREE.** Seattle Center Armory, 305 Harrison St., Seattle. [www.westernalliedrobotics.com](http://www.westernalliedrobotics.com).

### SOUTH SOUND

**Beyond Books: A Conversation with Eric Carle.** Renowned author, illustrator and fine artist Eric Carle will talk about his work (1 p.m.), followed by a book signing at the Tacoma Art Museum (3 p.m.). \$20, \$15 members, \$10 students, includes museum admission. Philip Hall at University of Washington Tacoma, 1918 Pacific Ave., Tacoma. [www.tacomart-museum.org](http://www.tacomart-museum.org).

### FARTHER AFIELD

**Bug Butts and Banana Slugs.** Learn, sing and hear stories about bugs, then go on a guided bug hunting hike. 1 to 3 p.m. \$5, **FREE** ages 3 and younger. Island-Wood, 4450 Blakely Ave. N.E., Bainbridge Island. 206-855-4384. <http://islandwood.org>.

## THURSDAY, APRIL 11

### SEATTLE AREA

**Author Appearance: Eric Ode & Erik Brooks.** The award-winning pair of singer-songwriter Eric Ode and illustrator Erik Brooks will present their new

picture book, *Sea Star Wishes: Poems from the Coast*. Plus, Eric Ode will play some songs. 7 p.m. **FREE.** Secret Garden Books, 2214 N.W. Market St., Seattle. 206-789-5006. [www.secretgardenbooks.com](http://www.secretgardenbooks.com).

**Gerard Schwarz Conducts Mozart.** Hear Mozart's *Piano Concerto No. 9 in E-flat Major, K. 271* and Bruckner's *Symphony No. 4 "Romantic."* Part of the Family Connections program that offers kids ages 8 to 18 a **FREE** companion ticket with the purchase of a regularly priced adult ticket in sections C, D or E (up to two **FREE** kid tickets per adult). Limited number of tickets available starting three weeks prior to the performance. 7:30 p.m. today, noon Fri. 8 p.m. Sat. \$19 to \$112. Benaroya Hall, 200 University St., Seattle. 206-215-4747. [www.seattlesymphony.org](http://www.seattlesymphony.org).

### NORTH SOUND

**The StepCrew.** Six accomplished dancers perform three styles of dance: Irish step, traditional tap dancing and Ottawa Valley step, all accompanied by live music. 7:30 p.m. \$30 to \$40, \$15 youth. Edmonds Center for the Arts, 410 Fourth Ave. N., Edmonds. 425-275-9595. <http://edmondscenterforthearts.org>.

## FRIDAY, APRIL 12

### SEATTLE AREA

**World Rhythm Festival.** Over 100 world music performances, drum and dance workshops, marketplace, and a drum circle. Noon to 10 p.m. today, 11 a.m. to 8 p.m. Sat. 11 a.m. to 7 p.m. Sun. **FREE.** Seattle Center Armory, Fisher Pavilion and Mural Amphitheatre,

305 Harrison St., Seattle. [www.swps.org](http://www.swps.org).

**Swan Lake.** Pacific Northwest Ballet presents Tchaikovsky's dramatic ballet, considered to be the greatest of all classical ballets. 7:30 p.m. today, various dates and times through April 21. \$28 to \$173. McCaw Hall, 301 Mercer St., Seattle. 206-441-2424. [www.pnb.org](http://www.pnb.org).

**You're a Good Man, Charlie Brown.** Twelfth Night Productions brings us this charming musical about the Peanuts characters. 7:30 p.m. Fridays and Saturdays, 3 p.m. Sundays through April 21. \$18, \$15 seniors and students. Youngstown Cultural Arts Center, 4408 Delridge Way S.W., Seattle. 206-937-1394. [www.brownpapertickets.com/event/328626](http://www.brownpapertickets.com/event/328626).

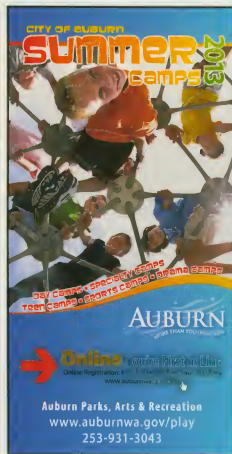
### NORTH SOUND

**Godspell.** The Driftwood Players present the Stephen Sondheim musical about loyalty and friendship, based on the Gospel According to St. Matthew. 8 p.m. Thursdays through Saturdays, 2 p.m. Sundays through May 5. \$25, \$22 seniors, military and ages 18 and younger. Wade James Theatre, 950 Main St., Edmonds. 425-774-9600. [www.driftwoodplayers.com](http://www.driftwoodplayers.com).

## SATURDAY, APRIL 13

### SEATTLE AREA

**One Day 5K Walk/Run.** Come support an event organized by a local Girl Scout (one of Seattle's Child's "Most Inspirational Kids") to raise money to combat malaria in Kenya via insecticide-treated



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**Zambini Brothers Puppets:** \$150  
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Ages 7 and up. Younger puppeteers can attend with an adult family member.

**Seattle Shakespeare Company:** \$150  
Comedy and Combat Class July 22-26  
Ages 11 and up (5th grade and up).

**Learn more at**  
[www.ec4arts.org](http://www.ec4arts.org)  
**425.275.9595**

nets and education. 8 a.m. registration, 9 a.m. start. \$25 to \$30. Shoreline Stadium, 18560 First Ave. N.E., Shoreline. [www.oneday5k.weebly.com](http://www.oneday5k.weebly.com).

**SCA Earth Day.** Join the Student Conservation Association and other groups in maintaining and improving the Washington Park Arboretum. Remove invasive plants, mulch and do other fun, hands-on projects. Recommended for ages 8 and older. 9 a.m. to 2 p.m. **FREE.** Pre-register. 2300 Arboretum Drive E., Seattle. 206-324-4649. [www.thesca.org](http://www.thesca.org).

**Family Gardening Day.** Gardening tips and demonstrations, plus hands-on activities for kids. 10 a.m. to 2 p.m. **FREE.** Community Garden at Magnuson Park (behind the Brig), 6344 N.E. 74th St., Seattle. 206-684-7026. <http://magnusonnatureprograms.com>.

**Recycling Fair.** Showcase of public and private recycling efforts in our area, life cycle of plastic, a "trashion" show of clothing made from discarded plastics, and more. 10 a.m. to 3 p.m. Included with admission. \$10, \$8 seniors, \$7.50 students with ID and youth, **FREE** ages 4 and younger. 4500 15th Ave. N.E., Seattle. 206-543-5590. [www.burkhemuseum.org](http://www.burkhemuseum.org).

**The Harmonica Pocket Concert.** Part of the Mount Baker Community Club's Kids Rock season. 10:30 a.m. \$15 per family of four. Mount Baker Community Club, 2811 Mt. Rainier Drive S., Seattle. 206-722-7209. <http://mountbaker.org>.

## EASTSIDE

**Leap for Green Family Fair.** Celebrate sustainability with activities for the whole family, including arts and crafts, music, food, touch-a-truck, vendors and more. Concert by Johnny Bregar (noon) and guided walks (11 a.m. and 1 p.m.) through Luther Burbank Park. 10 a.m. to 2 p.m. **FREE.** Mercer Island Community Center, 8236 S.E. 24th St., Mercer Island. 206-275-7609. [www.miparks.net](http://www.miparks.net).

## NORTH SOUND

**Origami with Duy Nguyen.** Kids ages 6 to 12 can learn how to fold origami by a local origami master and author of several books. 2 to 4 p.m. **FREE.** Everett Library, 2702 Hoyt Ave., Everett. 425-257-8030. <http://epls.org>.

**Spring in Sepia with Steam Powered Giraffe and Abney Park.** Hear family-friendly steampunk music from these two popular bands. 7 p.m. \$25. The Historic Everett Theatre, 2911 Colby Ave., Everett. 425-258-6766. [www.everetttheatre.org](http://www.everetttheatre.org).

**The Coats.** This a cappella singing group got their start as street performers at Pike Place Market and have since become international stars. 7:30 p.m. \$15 to \$29. Northshore Performing Arts Center, 18125 92nd Ave. N.E., Bothell. 425-984-2471.

[www.npacf.org](http://www.npacf.org).

## SOUTH SOUND

**80th Annual Daffodil Parade.** Two-hour parade features over 150 entries, including floats decorated with thousands of fresh daffodils, marching bands and more. The parade travels through the towns of Tacoma (S. Ninth and Pacific Avenue, 10:15 a.m.), Puyallup (Seventh Avenue S.W. and Fifth Street S.W., 12:45 p.m.), Sumner (Kincaid Avenue and Main Street, 2:30 p.m.) and Orting (Bridge Street S. and Washington Avenue E., 5 p.m.). **FREE.** 253-840-4194. <http://thedaffodilfestival.org>.

SUNDAY, APRIL 14

## SEATTLE AREA

**Chickens and Pigs and Bears...Oh My!** Puppeteer Peter Allen performs three familiar tales using three different puppetry styles, all while incorporating live music, poetry and audience participation. 1 and 3 p.m. Saturdays and Sundays through April 28. \$10.50, \$9 seniors, \$8.50 kids. Northwest Puppet Center, 9123 15th Ave. N.E., Seattle. 206-523-2579. [www.nwppuppet.org](http://www.nwppuppet.org).

**Family Sundays at the Henry.** Create a silhouette and add to it elements that you think make for a beautiful person or family. 2 to 3:30 p.m. \$10 family. **FREE** for members. Space is limited, pre-register.

Henry Art Gallery, 4100 15th Ave. N.E., Seattle. 206-616-9625. [www.henryart.org](http://www.henryart.org).

## SOUTH SOUND

**Rhythms from Around the World.** Tacoma Symphony Orchestra's percussion quartet will introduce kids ages 4 to 9 to different rhythms and instruments. Instrument petting zoo at 1:30 p.m., show begins at 2:30 p.m. \$7, \$5 kids. Schneebeck Hall at University of Puget Sound, Union Avenue and N. 18th Street, Tacoma. [www.tacomasympphony.org](http://www.tacomasympphony.org).

TUESDAY, APRIL 16

## SEATTLE AREA

**Adventures of Huckleberry Finn: Uncensored.**

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Book-It Repertory Theatre performs Mark Twain's classic tale as adapted from the original, uncensored text. 7:30 p.m. tonight, various dates and times through May 12. Tonight and Wed. are Pay What You Will nights; regular tickets \$23 to \$45. Center Theater at Seattle Center Armory, 305 Harrison St., Seattle. 206-216-0833. <http://book-it.org>.

### THURSDAY, APRIL 18 SEATTLE AREA

**Spring Break Paper Arts Program.** Kids and adults can drop in and try their hand at the art of paper cutting in three different styles, then go see the new exhibit *Paper for a Brush*. 10 to 11:30 a.m. today and April 25. Included with admission. \$6, \$5 seniors and college students, \$4 ages 5 to 18, FREE ages 4 and younger. Nordic Heritage Museum, 3014 N.W. 67th St., Seattle. 206-789-5707. [www.nordicmuseum.org](http://www.nordicmuseum.org). **Crash.** Seattle Children's Theatre presents a tale of two middle-school boys that touches on themes of bullying, social hierarchy, competitiveness and family. Best for ages 8 and older. 7 p.m. today, various dates and times through May 19. \$20 to \$36. 201 Thomas St., Seattle. 206-441-3322. [www.sct.org](http://www.sct.org).

### SOUTH SOUND

**Spring Fair in Puyallup.** Animals, rides, food, arts and crafts, monster truck show, demolition derby, DockDogs, racing pigs and lots more. Some events and activities have an additional cost. 2 to 10 p.m. today with FREE kids' admission (bring canned food donation), 10 a.m. to 10 p.m. Fri. and Sat., 10 a.m. to 8 p.m. Sun. \$10, \$7 ages 6 to 18, FREE ages 5 and younger. Puyallup Fair & Events Center, 110 Ninth Ave. S.W., Puyallup. [www.thefair.com](http://www.thefair.com).

### FRIDAY, APRIL 19 SEATTLE AREA

**Disney's Winnie the Pooh.** Young performers ages 7 to 12 from the Hi-Liners perform in this all-ages show. 7 p.m. Fridays and Saturdays, 3 p.m. Saturdays and Sundays through April 28. \$12. The Burien Annex, 14501 Fourth Ave. S.W., Burien. 206-617-2152. <http://hi-liners.org>.

### EASTSIDE

**42nd Street.** This singing, dancing extravaganza follows the adventures of aspiring chorus girl Peggy Sawyer. Recommended for ages 8 and older. 7 p.m. Fridays and Saturdays, 2 p.m. Sundays through May 5. \$13 to \$17. Youth Theatre Northwest, 8805 S.E. 40th St., Mercer Island. 206-232-4145 ext. 109. <http://youththeatre.org>.

**Robin Hood.** A fun-filled retelling of the classic tale, by young actors from Bellevue Youth Theatre. 7 p.m. Fridays and Saturdays, 2 p.m. Sundays through April 28 (plus a 2 p.m. show April 27). \$5 to \$12. 16661 Northup Way, Bellevue. 425-452-7155. [www.bellevuewa.gov](http://www.bellevuewa.gov).

### NORTH SOUND

**On Ensemble.** This group of four musicians presents taiko drumming infused with elements of rock, hip-hop and electronics for a truly unique sound. 7:30 p.m. \$20 to \$30, \$15 youth. Edmonds Center for the Arts, 410 Fourth Ave. N., Edmonds. 425-275-9595. <http://edmondscenterforthearts.org>.



## SOUTH SOUND

**Disney's *Mulan Jr.*** Play performed by young actors based on the Disney movie. Part of Auburn AVE Kids series. 7 p.m. today and Sat., 2 p.m. Sat. and Sun. \$6. Auburn Avenue Theater, 10 Auburn Ave., Auburn. 253-931-3043. [www.auburnwa.gov](http://www.auburnwa.gov).

## SATURDAY, APRIL 20

## SEATTLE AREA

**Earth Day Run.** Magnuson Series fun runs including 5K, 10K, two-person teams (5K each), a half marathon and Kids Dash. 9:45 a.m. Kids Dash, 10 a.m. all other events. \$3 to \$32. Magnuson Park, Sand Point Way N.E. and N.E. 65th Street, Seattle. <http://magnusonseries.org>.

**KOMO 4 Family Day at MOHAI.** Celebrate Earth Day with two-for-one admission, crafts and activities, a magic show by Steve the Pretty Good (11 a.m.), and a Caspar Babypants concert (2 p.m.). 10 a.m. to 5 p.m. Included with admission. \$14, \$12 seniors and military. FREE ages 14 and younger. Museum of History and Industry, 860 Terry Ave. N., Seattle. 206-324-1126. [www.mohai.org](http://www.mohai.org).

**We've Got Rhythm!** Hear King Katschei's Dance from Stravinsky's *Firebird Suite* plus a performance by Michael A. Werner, principal percussion of the Seattle Symphony. Part of Discover Music, Seattle Symphony's series for families with kids ages 6 to 12. 11 a.m., pre-concert activities at 10 a.m. \$15 to \$20. Benaroya Hall, 200 University St., Seattle. 206-215-4747. [www.seattlesymphony.org](http://www.seattlesymphony.org).

**Rapunzel.** StoryBook Theater retells the fairy tale in a fun, musical way. Best for ages 3 to 10. 11 a.m. and 1 p.m. today, 1 and 3 p.m. Sun. \$10. Carco Theater, 1717 S.E. Maple Valley Hwy., Renton. 425-820-1800. <http://storybooktheater.org>.

**Earth Day Celebration.** Hear *Rushing Upriver*, the second piece in the *Our Earth* opera trilogy for kids by Seattle Opera and Seattle Youth Symphony Orchestra, plus enjoy nature activities with The Nature Conservancy. Noon to 4 p.m. FREE. Fisher Pavilion, 305 Harrison St., Seattle. 206-389-7676. <http://seattleopera.org>.

**April Pools Day.** Water carnival from 1 to 2 p.m., followed by a FREE open swim. Limited to 150 participants. Tukwila Pool, 4414 S. 144th St., Tukwila. 206-267-2350. [www.tukwilawa.gov](http://www.tukwilawa.gov).

**April Pools Day.** Water safety instruction and swimming. FREE. Ballard Pool, 12:30 to 2 p.m., 1471 N.W. 67th St., Seattle. 206-684-4094. Evans Pool, 1:30 to 3 p.m., 7201 E. Green Lake Drive N., Seattle. 206-684-4961. Meadowbrook Pool, 9:30 to 10:30 a.m., 10517 35th Ave. N.E., Seattle. 206-684-4989. Medgar Evers Pool, 1:30 to 3 p.m., 500 23rd Ave., Seattle. 206-684-4766. Queen Anne Pool, 3:30 to 4:30 p.m., 1920 First Ave. W., Seattle. 206-386-4282. Southwest Pool, 10:30 a.m. to noon, 2801 S.W. Thistle, Seattle. 206-684-7440. [www.seattle.gov](http://www.seattle.gov).

## EASTSIDE

**ArbDay - Earth Day.** Start the day with volunteer projects like pulling invasive plants and planting native plants. 9 to 11 a.m., T-shirt and hot lunch for registered volunteers. Then, enjoy a family festival from 11 a.m. to 1 p.m. FREE. Lewis Creek Park, 5808

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Kids enjoy interactive nature experiences at Seward Park Audubon's B'Earth Day event, happening April 27. PHOTO COURTESY OF SEWARD PARK AUDUBON CENTER.

Lakemont Blvd. S.E., Bellevue. 425-452-4195. <http://bellevuewa.gov>.

**Arbor Day Celebration.** Come for tree planting. **FREE** seedlings and activities for the whole family. 10 a.m. **FREE**. Railroad Park, 7971 Railroad Ave. S.E., Snoqualmie. 425-831-5784. [www.ci.snoqualmie.wa.us](http://www.ci.snoqualmie.wa.us).

**April Pools Day.** Kids ages 12 and younger enjoy a **FREE** swim session. Noon to 2 p.m. Adults \$6.75. Bellevue Aquatic Center, 601 143rd Ave. N.E., Bellevue. 425-452-4444. [www.ci.bellevue.wa.us/aquatic\\_center.htm](http://www.ci.bellevue.wa.us/aquatic_center.htm).

### NORTH SOUND

**Arbor Day.** Take part in tree planting and other helpful projects. 10 a.m. **FREE**. Brickyard Road Park, 16800 Brickyard Road N.E., Bothell. 425-486-7430. [www.ci.bothell.wa.us](http://www.ci.bothell.wa.us).

**April Pools Day.** Put on a life jacket, try out a canoe or kayak, and play water safety games. 12:30 to 2 p.m. **FREE** with canned food or monetary donation. Forest Park Swim Center, 802 E. Mukilteo Blvd., Everett. 425-257-8300. [www.ci.everett.wa.us](http://www.ci.everett.wa.us).

### SOUTH SOUND

**Lacey Family Fish-In.** Kids ages 5 to 14 will learn how to fish and take home their own rod and reel. 8 a.m. to 2 p.m. \$5. Space is limited, pre-registration required. Woodland Creek Community Park, 6729 Pacific Ave. S.E., Lacey. 360-491-0857. [www.ci.lacey.wa.us](http://www.ci.lacey.wa.us).

**Parks Appreciation Day.** In honor of Earth Day, help maintain a local park by pulling invasive plants, maintaining trails and participating in other important projects. Best for ages 8 and older. 9 a.m. to noon. **FREE**. Pre-registration appreciated. Tacoma Nature Center, 1919 S. Tyler St., Tacoma. 253-591-6439. [www.TacomaNatureCenter.org](http://www.TacomaNatureCenter.org). Find other Pierce County Parks Appreciation Day sites at [www.parksappreciationday.net](http://www.parksappreciationday.net).

**Migratory Madness.** Celebrate the spring return of hundreds of species of migratory birds to our state with hands-on activities. 9:30 a.m. to 5 p.m., through Sun. Included with admission. \$18.25, \$16.75 seniors, \$12.25 ages 5 to 12, \$9.25 ages 3 to 4, **FREE** ages 2 and younger. Northwest Trek, 11610 Trek Drive E., Eatonville. 360-832-6117. [www.nwtrek.org](http://www.nwtrek.org).

**Junior Daffodil Parade.** The Daffodil Festival's Junior Parade features costumes, pets, music and non-motorized floats. 10 a.m. **FREE**. North End Proctor District, Tacoma. 253-759-0725. [www.jrddaffodil.com](http://www.jrddaffodil.com).

**Earth Day at the Zoo.** Learn how to shrink your carbon footprint and watch as animals like polar bears get enrichment treats. 10 a.m. to 3 p.m., through Sun. Included with admission. \$15, \$14 seniors, \$13 ages 5 to 12, \$8.75 ages 3 to 4, **FREE** ages 2 and younger. Point Defiance Zoo & Aquarium, 5400 N. Pearl St., Tacoma. 253-591-5337. [www.pdzaz.org](http://www.pdzaz.org).

**Earth Day Extravaganza.** Enjoy family activities that focus on how to keep the earth healthy. Noon to 4 p.m. **FREE**. Tacoma Nature Center, 1919 S. Tyler St., Tacoma. 253-591-6439. [www.TacomaNatureCenter.org](http://www.TacomaNatureCenter.org).

**April Pools Day.** Learn basic water safety and try on a life jacket. Open Swim is **FREE** for participants in the water safety program. 1:30 to 4:30 p.m. Eastside Pool, 3424 E. "L" St., Tacoma. 253-591-2042. [www.metsparkstacoma.org](http://www.metsparkstacoma.org).

### FARTHER AFIELD

**Orchestra Comique.** Bainbridge Symphony and Youth Symphony Orchestras team up with The EDGE Improv group for a night of funny classical music and commentary. 7:30 p.m., today, 3 p.m. Sun. \$19, \$16 seniors, students, military and teachers, **FREE** ages 18 and younger with paying adult. Bainbridge Performing Arts, 200 Madison Ave. N., Bainbridge Island. 206-842-8569. [www.bainbridgeperformingarts.org](http://www.bainbridgeperformingarts.org).

SUNDAY, APRIL 21

## SEATTLE AREA

**Seahawks Run at the Landing.** Run around the Seahawks training facility. 12K run, 5K run/walk and kids run for ages 10 and younger. Twelfth man costumes encouraged. 7:30 a.m. registration, 9 a.m. start, 10:30 a.m. kids run. \$30 to \$45, \$10 kids run. The Landing, 715 N. Landing Way, Renton. <http://seahawks12krun.com>.

**April Pools Day.** Water safety instruction and swimming. **FREE.** Helene Madison Pool, 13401 Meridian Ave. N., Seattle. 206-684-4979. [www.seattle.gov](http://www.seattle.gov).

## EASTSIDE

**FREE Family Day: Italian Festival.** Art activities, demonstrations and performances for the whole family. Noon to 4 p.m. **FREE.** Bellevue Arts Museum, 510 Bellevue Way N.E., Bellevue. 425-519-0770.

[www.bellevuearts.org](http://www.bellevuearts.org).

## NORTH SOUND

**Celebrate the Earth.** Future of Flight Foundation presents an information fair on sustainability, complete with hands-on activities for families. Noon to 4 p.m. **FREE.** Future of Flight Aviation Center Gallery, 8415 Paine Field Blvd., Mukilteo. 425-438-8100. [www.futureofflightfoundation.org](http://www.futureofflightfoundation.org).

**Paper Flower-Making.** Kids ages 9 and older can learn how to make beautiful flowers out of crepe paper with Estela Carrera. Each participant will get to make three flowers. 2 p.m. **FREE.** Space is limited, pre-register. Everett Library Evergreen Branch, 9512 Evergreen Way, Everett. 425-257-8030. <http://epls.org>.

## SOUTH SOUND

**Daffodil Marine Parade.** See Daffodil Royalty and dozens of daffodil-decorated boats sail by. Parade starts at Tacoma Yacht Club and continues along the waterfront to the Foss Tea Waterway in downtown Tacoma. 11:30 a.m. **FREE.** 5401 N. Waterfront Drive, Tacoma. 253-752-3555. [www.daffodilfestival.net](http://www.daffodilfestival.net).

MONDAY, APRIL 22

## SEATTLE AREA

**Author Appearance: Dav Pilkey.** This author of popular kids' books like the *Captain Underpants* series and *Dumb Bunnies* series will be available to sign books and meet with fans. Book signing tickets will be available with the purchase of any Pilkey title on the day of the event. 5 to 7 p.m. **FREE.** Secret Garden Books, 2214 N.W. Market St., Seattle. 206-789-5006. [www.secretgardenbooks.com](http://www.secretgardenbooks.com).

FRIDAY, APRIL 26

## SEATTLE AREA

**Tiny Tots: Gallop & Go!** Hear trails songs and more by Rossini and Grofé while you travel on your pony. Program features Let Your Music Shine with Lisa & Linda. Part of the Tiny Tots series for ages birth to 5. 9:30, 10:30 and 11:30 a.m. through Sat., 1 p.m. Sat. \$10. Benaroya Hall, 200 University St., Seattle. 206-215-4747. [www.seattlesymphony.org](http://www.seattlesymphony.org).

**Seattle Cherry Blossom & Japanese Festival.** Experience Japanese culture through Taiko drumming performances, artisan demonstrations, hands-on activities and games, food, a marketplace, and a cherry tree planting ceremony. 10 a.m. to 6 p.m. through Sun.

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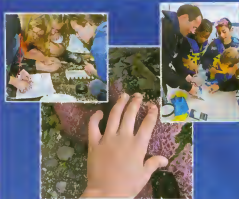


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## EASTSIDE

**Owl Prowl.** Learn about owls, then go on a ranger-led hike to listen for them and other nocturnal creatures. Ages 6 and older. 7:30 to 9:30 p.m. \$6, \$5 Bellevue residents. Pre-register. Lewis Creek Park, 5808 Lakemont Blvd. S.E., Bellevue. 425-452-4195. <http://bellevuewa.gov>.

## SOUTH SOUND

**Earth Day Fair.** Celebrate the natural world with games, arts and crafts, touch tanks, and guided walks. 9 a.m. to 2 p.m. **FREE.** Discover Pass required for parking. Saltwater State Park, 25205 Eighth Place S., Des Moines. <http://saltwaterearthdayfair.webs.com>.

## SATURDAY, APRIL 27

### SEATTLE AREA

**Healthy Earth, Healthy You 5K Run/Walk.** Run or walk along the Duwamish-Green River trail, then plant a tree or shrub at a riverside restoration area. 8 a.m. \$20. Tukwila Community Center, 12424 42nd Ave. S., Tukwila. 206-768-2822. [www.tukwila.gov](http://www.tukwila.gov).  
**B'Earth Day Party.** Celebrate Earth Day and the Seward Park Environmental & Audubon Center's fifth birthday with nature-themed arts and crafts, face painting, cupcakes and more. 10 a.m. to 3 p.m. **FREE.** 5902 Lake Washington Blvd. S., Seattle. 206-652-2444. <http://sewardpark.audubon.org>.

**Rock and Gem Show.** Annual show features rock, mineral, crystal, gem, geode and fossil displays, vendors, kids' activities and more. 10 a.m. to 5 p.m. through Sun. **FREE.** Alki Masonic Temple, 4736 40th Ave. S.W., Seattle. 206-932-3292. [www.westseattleclub.org](http://www.westseattleclub.org).

**Caspar Babypants Concert.** Part of the Mount Baker Community Club's Kids Rock season. 10:30 a.m. \$15 per family of four. Mount Baker Community Club, 2811 Mt. Rainier Drive S., Seattle. 206-722-7209. <http://mountbaker.org>.

**Children's International Friendship Festival.** Dances, songs, musical performances, children's forum, arts and crafts, and more, run by children's groups representing more than 40 countries today, with sports and other outdoor activities Sun. Sponsored by the Turkish American Association of Washington. 10:30 a.m. to 5 p.m. through Sun. **FREE.** Langston Hughes Performing Arts Center, 104 17th Ave. S., Seattle. 206-684-4758. <http://childrensfest.tacawa.org>.

**Daddy-Daughter Dinner Dance.** Dads and their daughters will enjoy a special evening together that includes dinner, dancing and crafts. This year's theme is "Ocean Deep" and is sponsored by Ivar's. 6 to 8 p.m. \$60 per couple, \$10 each additional daughter. Pre-register. Ballard Community Center, 6020 28th Ave. N.W., Seattle. 206-684-4093. [www.seattle.gov](http://www.seattle.gov).  
**DASSdance Company.** See an "all-terrain dance" performance featuring acrobatic, imaginative moves. 7 p.m. \$20. Shoreline Conference Center Auditorium, 18560 First Ave. N.E., Shoreline. <http://dassdance.brownpapertickets.com>.

## EASTSIDE

**Rapunzel.** StoryBook Theater retells the fairy tale in a



Families watch a sheep shearing demonstration, happening April 27. PHOTO COURTESY OF KELSEY CREEK FARM PARK.

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**Dads Meetup: Cardboard Contraptions.** Dads and grandpas are invited to come play with their kids and grandkids at the museum. Today's activity is building contraptions using cardboard, scissors and other household items. 2 to 3 p.m. Included with admission. \$9, \$8 ages 60 and older, **FREE** younger than age 12 months. KidsQuest Children's Museum, 4091 Factoria Mall S.E., Bellevue. 425-637-8100. [www.kidsquestmuseum.org](http://www.kidsquestmuseum.org).

#### NORTH SOUND

**Evergreen State Spring Festival.** Visit the first annual spring fair at the Evergreen State Fairgrounds for rides, music, food, a BBQ championship, vendors and more. 10 a.m. to 8 p.m. today, 10 a.m. to 5 p.m. Sun. **FREE**, \$5 parking. 14405 179th Ave. S.E., Monroe. 360-805-6700. [www.evergreenfair.org](http://www.evergreenfair.org).

#### SOUTH SOUND

**Tiptoe Through the Tidepools.** Get an up-close look at marine life during a low tide beach exploration. 11 a.m. to 2 p.m. **FREE**. Titlow Beach, 8425 Sixth Ave., Tacoma. 253-591-6439. [www.TacomaNatureCenter.org](http://www.TacomaNatureCenter.org).

**Sowing to Sowing Living History Day.** Hands-on activities and demonstrations of daily life in a typical mid-1800s frontier home. 11 a.m. to 4 p.m. \$5 to \$7.50. Fort Nisqually Living History Museum, 5400 N. Pearl St. #11, Tacoma. 253-591-5339. [www.fortnisqually.org](http://www.fortnisqually.org).

**Procession of the Species Celebration.** Parade of costumed participants and floats celebrates relationships between people and the natural world. Join in as long as you observe the three rules (see online). 4:30 p.m. **FREE**. Parade starts at Cherry Street and Legion Way, Olympia. [www.procession.org](http://www.procession.org).

#### SUNDAY, APRIL 28

##### SEATTLE AREA

**Top Pot Doughnut Dash.** 5K run/walk and 1K Kids' Dash (ages 12 and younger) benefiting Childhaven. 7 a.m. registration, 8:30 a.m. 5K, 9:30 a.m. Kids' Dash, 10 a.m. Caspar Babybumps concert. \$35 to \$45, \$10 dash. Green Lake Community Center, 7201 E. Green Lake Drive N., Seattle. [www.promotionevents.com](http://www.promotionevents.com).  
**U-District Street Scramble.** Find 30 mapped checkpoints on foot or bike in 90 minutes or 3 hours. 8:30 a.m. check-in, 9:30 a.m. maps distributed, 10 a.m. start. \$5 to \$40. University Heights Center, 5031 University Way N.E., Seattle. 206-291-8250. [www.streetscramble.com](http://www.streetscramble.com).

**U Village K.I.D.S. Concerts** from Brian Vogan and His Good Buddies and The Not-Its!, magic show by Louie Foxx, crafts, activities, resources for parents and more. 11 a.m. to 4 p.m. **FREE**. University Village,

25th Avenue N.E. and N.E. 45th Street, Seattle. 206-523-0622. [www.uvillage.com](http://www.uvillage.com).

**Cove 2 Clover Run/Walk.** Walk or run up a punishing hill and through a Celtic battle re-enactment. Choose from 5K, 10K, half marathon or 1-mile Wee Race for kids. 11:15 a.m. half marathon walkers, noon start all other events. \$30 to \$60, \$25 to \$30 kids run. Burien Town Square, 455 S.W. 152nd St., Burien. [www.covetoclover.com](http://www.covetoclover.com).

**Seattle Youth Symphony Orchestra Anniversary Concert.** Hear talented young musicians from four orchestras play a concert in celebration of Seattle Youth Symphony Orchestra's 70th anniversary. 3 p.m. \$20 to \$50. Benaroya Hall, 200 University St., Seattle. 206-362-2300. [www.syo.org](http://www.syo.org).

#### EASTSIDE

**The Mad Hatter's Tea Party.** Enjoy Alice in Wonderland-inspired fun like flamingo croquet, crazy hats, a circus duo performance, treats and more. Outlandish dress encouraged. Best for ages 3 and older. 10 a.m. to noon. \$8 to \$14. Pre-registration recommended. KidsQuest Children's Museum, 4091 Factoria Mall S.E., Bellevue. 425-637-8100. [www.kidsquestmuseum.org](http://www.kidsquestmuseum.org).  
**Merced Slough Ranger Program: Introduction to Birding.** Learn the basics of birding and then go on a guided bird walk. Recommended for ages 8 and older. 2 p.m. **FREE**. Mercer Slough Environmental Education Center, 1625 118th Ave. S.E., Bellevue. 425-452-2565. [www.bellevuewa.gov/mseec.htm](http://www.bellevuewa.gov/mseec.htm).

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